



Rec Pre-K

Category: Technical: Ball Control
Difficulty: Beginner

Am-Club: TSF Academy
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Description

Animal adventure Game (10 mins)

Animal game

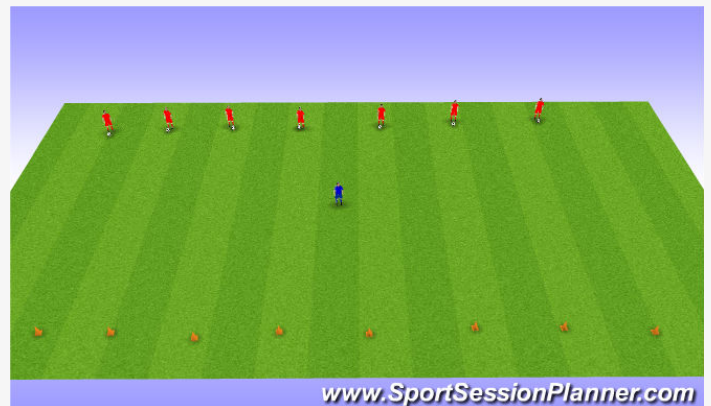
- Have players follow you around the area while dribbling the ball.
- Pretend that you are going on an adventure in the jungle to find some exotic animals
- Coach will find the animals and the players must carry out the movement that particular animal makes with their ball. Ask players to make the sounds of the animal also
- Penguin = Boxes
- Monkey = Toe Taps
- Snake = zig zag with ball
- Cheetah - Go as fast as possible
- Tortoise - Go really slow



Farm game (15 mins)

Farm Game

- Coach is the farmer and the players are the sheep
- The Players must make their way to the other farm while the farmer is sleeping. if the farmer wakes up, the players must freeze so not to be caught by the farmer. if the players are caught by the farmer, they must go back to the start. Players should also take small touches so not too wake the farmer up.
- Coach players to keep the ball close while they are dribbling so that they can stop the ball quickly.
- Also coach them to keep their heads up so that they can see the farmer wake up



Octopus game (15 mins)

Octopus Game

- Coach is the octopus. Hang pinnies from pockets and waist to act as tentacles. Players must dribble after coach and steal the Octopus' tentacles. player with the most tentacles wins.
- Encourage players to dribble with their heads up so that they can see the octopus.



Mud Monsters (20 mins)

- All players have a ball and dribble around the area.
- They must keep their soccer ball away from the "Mud Monster"
- If the Mud monster kicks the player's ball away from them, the player is now "Stuck in the mud". They must pick up the ball, hold it over their head, open their legs wide and call for help.
- To be freed, another player must dribble the ball through their legs.
- Give the mud monster a time limit and any players that are free by the end of the game win. After the first round, you can allow the kids to be the mud monsters.
- Encourage kids to keep the ball close and to keep their heads up so they can see the Mud Monster

